

Just the Facts



youth
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CYBERBULLYING



Cyberbullying is the act of bullying via the Internet, social media, or mobile device.

The brain's "social center" does not activate during online communication, which is why youth may say something online they would never say in person.

Youth have a hard time ignoring cyberbullying because their self-regulation skills are still developing, and their brains reward them for engaging with social media.

Each school may have its own policy about preventing and responding to cyberbullying.

Because youth are constantly connected through social media and devices, it can be more difficult to escape from cyberbullying than traditional bullying.

Cyberbullying can lead to anxiety, depression, low self-esteem, antisocial behavior, substance use, and other emotional/behavioral problems.

For tips on how to respond to cyberbullying, visit our website
<http://ysb.net/resources>

88% OF SOCIAL-MEDIA USING TEENS HAVE SEEN OTHERS BE MEAN ONLINE

Helping youth and families learn the skills they need to be more successful at home, in school and throughout the community.

ysb.net